



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Berg, Raphael

Club: Grundschule Darlingerode
Number: 357

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

männliche Kinder U12 (10-11 Jahre)

Total time: 8:39

Speed: 11.79 km/h

Running performance: 5:05 min/km

Rank in course/Total: 40 (of 72)

Rank in course/Men: 32 (of 49)

Best time in course: 5:24

Rank in category: 11(of 15)

Best time in the category: 6:31

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
am Blochhauer	0.85	4:14	4:58	11	1:03	30	1:36	0.85	4:14	4:58	11	1:03	30	1:36
Ilseburg/Markt	0.85	4:25	5:11	10	1:05	31	1:39	1.70	8:39	5:05	11	2:08	32	3:15